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This is a summary plus of a paper published in Hellenic Journal of Physical Education and Sport Science. You can cite this article as follows:

V. Barkoukis, L. Lazouras, D. Ourda, D. Galanis and N. Oxizoglou (2009) The role of anticipated regret on the formation of healthy behaviors during physical education classes. *Hellenic J Phys Educ & Sport Sci*, 29 (3): 256-271

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740; C7H 147OE 8 AB 3DA8-6 '?7HB20; '43D2OC8 = '2; OBB4BfI

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= TVWZ^> cEZRW 3'

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The aim of the study was to examine whether anticipated regret could predict adolescents' exercise intentions and behaviour, over and above the standard TPB variables. Overall, 209 secondary school students (mean age = 13.70 years, 5 & ± 1.27) completed a questionnaire assessing TPB variables and anticipated regret. One month later students were requested to report their exercise behaviour. The subjects were matched across measurements via school, class, gender and date of birth. Hierarchical regression analyses showed that anticipated regret, alongside with perceived behavioral control, significantly predicted exercise intentions at baseline, whereas attitudes subjective norm and motivation to comply did not. Nonetheless, only intentions and perceived behavioral control significantly predicted exercise behaviour at one month follow-up, but not anticipated regret. These results imply that anticipated regret can contribute in the prediction of intentions towards a healthy behaviour such as exercise. Further, these findings show that the effect of anticipated regret is evident over and above the effect of the core TPB variables. On the other hand, anticipated regret cannot predict actual healthy behavior. The findings of the present study provide theoretical explanations on the formation of exercise intentions and habits during adolescence, and further extend the discussion on the need to broaden the TPB.

: Pd'b Z]O; Theory of planned behavior, anticipated regret, physical activity

*An extended Summary Plus English version is freely available at www.hellenicjsport.com

The theory of planned behavior (TPB; Ajzen 1991) has been widely used for the prediction of exercise intentions and behaviour. According to the theory, behaviour is determined by attitudes, normative beliefs, and perceived behavioural control. Researchers and theorists argued that the TPB was superior to other social cognition models applied to health behaviour research. However, recent studies have noted that the predictive capacity of the theory can be significantly improved by the addition of other variables, not accounted in the traditional form of the TPB. For instance, it has been argued that the TPB has been too utilitarian in its focus, attempting to predict and explain decision-making without taking into account the role of affect beliefs, such as anticipated regret (Abraham & Sheeran, 2003, 2004). Studies of adolescent risk taking have shown that adolescents were less likely to engage in risks with a foreseeable negative impact on their affective state. Thus, avoiding anticipated negative emotions can be a valid predictor of future intentions and behaviour. Accordingly, studies on the TPB have shown that the addition of anticipated regret yielded statistically significant increases in explained variance in behavioural intentions regarding unhealthy behaviours (Conner & Armitage, 1998. Elliot, Armitage, & Baughan, 2003). However, there is no evidence on the impact of anticipated regret on the prediction of healthy behaviours such as exercise participation. The aim of the study was to examine whether anticipated regret could predict adolescents' exercise intentions and behaviour, over and above the standard TPB variables.

Overall, 209 secondary school students participated in the study (*Mean* = 13.70 years, *SD* ± 1.27). Students were attending coeducational classes of typical schools of an urban city in Northern Greece. A two-wave prospective design was employed. At baseline participants completed a questionnaire assessing TPB variables (intention for exercise participation, perceived behavioural control, attitudes towards exercise, subjective norm and motivation to comply) and anticipated regret (three different statements reflecting anticipated negative emotions; for instance, 'If I do not engage in physical activities in the next month I will feel bad about myself'). One month later students were requested to report their exercise behaviour. The subjects were matched across measurements via school, class, gender and date of birth.

Hierarchical regression analyses were performed to examine whether anticipated regret could contribute in the prediction of exercise intentions and actual exercise behaviour. The results of the analyses showed that anticipated regret, alongside with perceived behavioral control, significantly predicted exercise intentions at baseline, whereas attitudes subjective norm and motivation to comply did not. Nonetheless, only intentions and perceived behavioral control significantly predicted exercise behaviour at one month follow-up, but not anticipated regret (Table 1).

These results imply that anticipated regret can contribute in the prediction of intentions towards a healthy behaviour such as exercise. Further, these findings show that the effect of anticipated regret is evident over and above the effect of the core

Table 1. *Predictors of participation in physical activity*

Step	Variables	β	AdjR ²
1	Age	.323***	.139
	Gender	-.260**	
2	Age	.327***	.120
	Gender	-.278**	
	Attitudes (positive outcomes)	-.011	
	Attitudes	.125	
	Subjective norm	.012	
	Subjective norm \times motivation to comply	.040	
	Perceived behavioral control	-.053	
3	Age	.321***	.115
	Gender	-.280**	
	Attitudes (positive outcomes)	-.010	
	Attitudes	.109	
	Subjective norm	.022	
	Subjective norm \times motivation to comply	.031	
	Perceived behavioral control	-.073	
	Anticipatory regret	.052	
4	Age	.336***	.187
	Gender	-.280**	
	Attitudes (positive outcomes)	-.011	
	Attitudes	.093	
	Subjective norm	.014	
	Subjective norm \times motivation to comply	.042	
	Perceived behavioral control	-.241*	
	Anticipatory regret	-.080	
Intention	.381***		

Note. * $p < .05$, ** $p < .005$, *** $p < .001$

TPB variables. On the other hand, anticipated regret cannot predict actual healthy behavior. The findings of the present study provide theoretical explanations on the formation of

exercise intentions and habits during adolescence, and further extend the discussion on the need to broaden the TPB.

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Submitted: 12-3-2009

Accepted: 9-8-2009

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